

CLAIMS

1. Apparatus for improving the skill of a sports person which comprises two upwardly inclined side by side diverging guideways (1), a substantially inelastic reciprocating line (7) connected to and freely movable along said guideways (1), whose length is equal to or greater than the minimum spacing of the guideways and less than the maximum spacing of the guideways and a ball (6) connected to said reciprocating line (7), the apparatus being characterised in that the ball (6) is generally coaxial with the reciprocating line.
2. Apparatus as claimed in claim 1 wherein one end of each of the two guideways is secured or securable at ground level by an anchorage 3.
3. Apparatus as claimed in claim 2 wherein the anchorage (3) comprises a stake or ground pin.
4. Apparatus as claimed in claim 3 wherein the other end of each of the two guideways is attached to a stable support (2).
5. Apparatus as claimed in any one of the preceding claims where means are provided for varying the length of the guideways and/or their angle of inclination above ground level.
6. Apparatus as claimed in any one of the preceding claims wherein the reciprocating line (7) is connected or connectable to the guideways through a slide.
7. Apparatus as claimed in claim 6 wherein the slide comprises a hinged clip, ring, rope slide or adjustable loop.
8. Apparatus as claimed in any one of the preceding claims wherein one or both guideways and/or the reciprocating means are made of a low friction material.
9. Apparatus as claimed in claim 8 wherein the material comprises as plastics covered

cord or wire.

10. Apparatus as claimed in any one of the preceding claims wherein one or both guideways are made of a substantially rigid material.
11. Apparatus as claimed in claim 10 wherein one or both guideways takes the form of a plastics track which is capable of receiving a runner to which the reciprocating means is connected.
12. Apparatus as claimed in any one of the preceding claims further comprising tensioning means for varying the tension of the or each guideway.
13. Apparatus as claimed in claim 12 wherein the tensions means comprises a reeling mechanism.
14. Apparatus as claimed in any one of the preceding claims further comprising a backboard or target at which the user of the apparatus may aim when hitting the ball.

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